[An exercise platform as recited in claim 1] An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction, wherein said hub comprises a two-part member.

An exercise platform as recited in claim [1] wherein said hub comprises:

(i) a flexible connector; and

(ii) a tilt adjuster movably coupled thereto.

An exercise platform as recited in claim [5] wherein said adjuster is selectively rotated about said flexible connector to adjust the amount to which said board is able to tilt toward said base.

An exercise platform as recited in claim [6] wherein said adjuster selectively adjusts the amount said board is able to tilt without raising any component of the exercise platform.

An exercise platform as recited in claim [6] wherein said adjuster rotates within a horizontal plane.

9. 8 An exercise platform as recited in claim 5, 4 wherein said flexible connector comprises:

(i) a flexible material; and

(ii) a plate embedded in the flexible material, said plate having at least one post extending therefrom.

10. 9 An exercise platform as recited in claim 6, 5 wherein said flexible connector includes an upper abutment member and said adjuster includes a lower abutment member, and wherein said lower abutment member is aligned under said upper abutment member to limit the amount to which said board is able to tilt toward said base.

11. 10 An exercise platform as recited in claim 10, 9 wherein said adjuster includes a plurality of lower abutment members, and wherein upon rotating said adjuster about said flexible connector, a lower abutment member is aligned under said upper abutment member to limit the amount to which said board is able to tilt toward said base.

12. 11 An exercise platform as recited in claim 11, 10 wherein the amount to which said board is able to tilt toward said base when one of said lower abutment members is aligned under said upper abutment member is greater than the amount to which said board is able to tilt toward said base when another lower abutment member is aligned under said upper abutment member.

13. 12 An exercise platform as recited in claim 10, 9 wherein said tilt adjuster includes at least one handle to facilitate rotating said adjuster about said flexible connector.

14. 13 An exercise platform as recited in claim 10, 9 wherein said upper abutment member is aligned under at least one of said lower abutment members through the use of a detent mechanism.

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15. An exercise platform as recited in claim 14, wherein said detent mechanism includes a protrusion located on said adjuster and a socket located on said flexible connector, such that when said adjuster is rotated about said flexible connector, said protrusion mates with said socket.

16. An exercise platform as recited in claim 15, wherein when a first protrusion resides in said socket, said upper abutment member is aligned under a lower abutment member.

17. An exercise platform as recited in claim 15, wherein when a second protrusion resides in said socket, a second lower abutment member is aligned under said upper abutment member.

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18. [An exercise platform as recited in claim 1] An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction, and

further including a friction reducer that is interposed between said board and said hub to reduce the amount of friction between said board and said hub.

~~19.~~ 18 [An exercise platform as recited in claim ~~1~~,] An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

B2 an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction, and

further including a reinforcement for distributing any force that is applied to a center of said board, wherein said reinforcement is coupled to said center of said board.

~~20.~~ 19 An exercise platform as recited in claim ~~1~~ 14, further including a non-slip material placed on an upper surface of said board.

20 ~~21.~~ An exercise platform as recited in claim ~~1~~ 14, further comprising an exercise mechanism coupled to the platform to modify the dynamic nature of the platform.

~~22.~~ 21 An exercise platform as recited in claim ~~21~~ 21, wherein said exercise mechanism comprises at least one handle coupled to the board.

~~23.~~ 22 An exercise platform as recited in claim ~~22~~ 21, wherein said handle is stretchable.

~~24.~~ 23 An exercise platform as recited in claim ~~22~~ 21, wherein a first end of said handle is configured to be held by an individual and a second end of said handle is selectively coupled to said board, such that use of said handle causes said board to tilt.

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25. A wobbly apparatus upon which an individual may stand, the wobbly apparatus comprising:

a first support upon which the individual stands;

a second support that is placed on a stable surface;

a flexible connector interposed between said first support and said second support, wherein said connector allows at least one of:

(i) the weight of the individual; and

(ii) the movement of the individual to cause said first support to move toward said second support; and

a tilt adjuster interposed between said first support and said second support to restrict the movement of said first support towards said second support.

26. A wobbly apparatus as recited in claim 25, wherein said adjuster is selectively adjustable to provide a plurality of settings for controlling the amount of said movement of said first support toward said second support.

27. A wobbly apparatus as recited in claim 26, wherein said adjuster is selectively adjusted between said plurality of settings without vertically displacing any of said first support, said second support, said flexible connector or said adjuster.

28. A wobbly apparatus as recited in claim 25, further including at least one handle.

29. A wobbly apparatus as recited in claim 28, wherein said handle is stretchable.

30. A wobbly apparatus as recited in claim 28, wherein a first end of said handle is held by the individual and a second end of said handle is removably coupled to one of said first and second supports.

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31. A wobbly platform upon which an individual may stand, the wobbly platform comprising:

a board;

a base;

a flexible connector interposed between said board and said base, wherein said flexible connector allows the weight of an individual to cause said board to tilt in any direction; and

a tilt adjuster placed about said flexible connector to restrict the amount which said board tilts.

32. A wobbly platform as recited in claim 31, wherein said adjuster is selectively adjustable to provide a plurality of settings for controlling the amount in which said board may tilt.

33. A wobbly platform as recited in claim 31, further including at least one handle, wherein a first end of said handle is held by the individual and a second end of said handle is coupled to one of said board.

34. 33 A dynamic platform that provides an unstable surface for an individual, the dynamic platform comprising:

a rigid board for supporting an individual;

a stable base for supporting said board;

a flexible hub for coupling said board to said base and allowing said board to tilt in any direction toward said base, wherein said hub comprises:

a flexible connector having a top abutment member set; and

an adjuster that includes one or more bottom abutment member sets, wherein one of said one or more bottom abutment member sets is selectively aligned with said top abutment member set to restrict the amount of tilt of said board.

35. 34 A dynamic platform as recited in claim 34, 33 wherein a central position of said board remains unchanged while one of said one or more abutment member sets is selectively aligned with said top abutment member set.

36. 35 A dynamic platform as recited in claim 34, 33 further comprising one or more handles coupled to said board for modifying the unstable surface of the dynamic platform.

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37. 36 An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise;

a hub, wherein a first end of said hub is coupled to said base and a second end of said hub is coupled to said board, said hub comprising a two-part member, and wherein said hub is flexible to thereby enable said board to tilt in any direction; and

a handle coupled to the board, wherein said handle is stretchable and coupled to a peripheral portion of the board, such that the use of the handle increases the tilting of the board.

38. 37 An exercise platform as recited in claim 36, wherein said hub is adjustable.

39. 38 An exercise platform as recited in claim 36, wherein the handle is selectively coupled to the board.

40. 39 An exercise platform as recited in claim 36, wherein the individual stretches said handle to cause said board to tilt toward said base.

41. 40 An exercise platform as recited in claim 36, further comprising a second handle selectively coupled to the board.

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42. (New) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, said hub being adjustable while the platform is in an assembled configuration, such that said hub is conveniently adjustable by a user, and wherein said hub is moveable to thereby enable said board to tilt in any direction.

43. (New) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, wherein said hub is moveable to thereby enable said board to tilt in any direction, and wherein said hub comprises a rotatable tilt adjuster that is selectively rotated in order to adjust the amount to which said board is able to tilt toward said base.

44. (New) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction, said hub having a handle configured to be grasped by a user and selectively moved such that movement of said handle adjusts said hub.